



DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XVIII, ISSUE 2

A newsletter for D.C. Seniors

February 2003

## EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

I am privileged to present the "Report to the People" on the Office on Aging's accomplishments in FY2002. I am also grateful to Mayor Williams and his administration, as well as the District

Council, for giving us the opportunity to carry out our goals and initiatives. Many, many thanks to all of our elders who continue to support the Office on Aging and its mission. As you review these pages, I hope you will believe, as I do, that the Office on Aging is responding to the changing needs of our senior citizens.

In the coming year, we expect to continue to expand existing services such as our senior wellness centers and Caregiver Institute. I invite you to get involved with the Office on Aging's Senior Wellness Programs. Providing leadership in the Office on Aging is a pleasure and privilege that I accept with pride and commitment. I have the highest praise for the dedication of my staff, the D.C. Commission on Aging, the many volunteers, and the agencies which comprise the Senior Service Network. Together we are working to improve the quality of life for seniors in the District of Columbia.



Mayor Anthony A. Williams and Virginia Hayes Williams salute District centenarians.

## D.C. OFFICE ON AGING Report to the People

Anthony A. Williams, Mayor  
Government of the District of Columbia  
Fiscal Year 2002 (October 1, 2001 - September 30, 2002)

### "Meeting the Needs of the District's Elderly"

#### OVERVIEW

The Office on Aging is the District of Columbia's State Agency on Aging that oversees direct services through a Senior Service Network.

Within the Senior Service Network are six lead agencies, funded by the Office on Aging, to provide a variety of services including, but not limited to, nutritious and tasty mid-day meals, counseling, socialization activities, transportation, literacy and nutrition education.

The Office on Aging operates two direct services programs: the Senior Employment and Training Program and the Information and Assistance Unit. The Office on Aging also oversees a 262-bed capacity nursing home.

#### MISSION STATEMENT

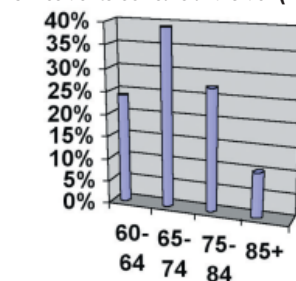
The mission of the District of Columbia Office on Aging is to advocate, plan, implement, and monitor programs in health, education, employment, and social services which promote longevity, independence, dignity and choice for our senior citizens.

#### A Glance at the District's Elderly

A typical senior today is a female, 73 years of age, living with a family relative (husband or other relative) in her own home, with an income at or just above the poverty line, basically independent, utilizing or perhaps in need of some in-home services, income assistance, health services, transportation, and recreation and socialization to maintain independence as she 'ages in place.' She will probably spend some time alone in her later years.

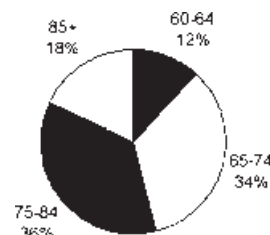
According to the 2000 Census, there were 92,000 persons 60 years and older, living in the District of Columbia. This number represents 16% of the total population of Washington, D.C. — or about one of every six residents. From 1990 to 2000, the District had fewer persons under 60, but there were also more persons aged 75 and 85 years and older.

D.C. Residents 60 Years and Older (2000 Census)



Column 1 60-64 24% 65-74 39% 75-84 27% 85+ 10%

D.C. Residents 60 Years and Older Receiving Services Through the Office on Aging Client Service Information System in FY 2002



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

## D.C. OFFICE ON AGING NEWSLETTER

## OFFICE ON AGING GRANTEES

Barney Neighborhood House	
Ward 1 .....	391,500.00
Barney Neighborhood House	
Ward 4 .....	300,000.00
Center Care .....	521,829.00
Christian Communities Group Home ..	90,000.00
Commission on Mental Health .....	50,000.00
Downtown Cluster Geriatric Day Care	290,976.00
Educational Organization for United Latin Americans (EOFULA) .....	235,000.00
Emmaus .....	65,000.00
Family and Child Services Alzheimer's Weekend .....	52,677.00
Family and Child Services Columbia Senior Centers .....	1,085,030.00
Family and Child Services Golden Washingtonian Club .....	150,000.00
Family and Child Services	
Model Cities .....	334,853.00
First Baptist Church Senior Center ..	165,000.00
Family and Child Services	
Senior Works .....	100,000.00
Food Service Contract .....	4,995,404.24
Georgetown University .....	200,000.00
George Washington University	
Assessment Case Management .....	130,000.00
George Washington Health Insurance Counseling Program .....	149,526.00
Greater Washington Urban League	
Ward 2 .....	743,500.00
Greater Washington Urban League	
Ward 5 .....	601,097.00
Greater Washington Urban League	
Hearing Impaired Program .....	100,000.00
Homecare Partners Homemakers ..	2,027,715.00
Howard University Senior Service	
Network Training .....	50,000.00
Iona Senior Services .....	708,791.00
Legal Counsel for the Elderly .....	539,912.00
Department of Parks and Recreation	150,000.00
Providence Health Foundation Congress Heights Senior Wellness Center .....	334,853.00
Senior Citizens Counseling and	
Delivery Service .....	530,000.00
So Others Might Eat - Senior Centers	130,000.00
So Others Might Eat - Caregivers .....	40,000.00
So Others Might Eat - Dwelling Place Shelter For Abused Elderly .....	130,000.00
United Planning Organization	
Project KEEN .....	984,063.00
United Planning Organization	
Minor Home Repair .....	50,000.00
United Planning Organization	
Senior Services .....	497,000.00
United Planning Organization	
Call N Ride .....	129,510.00
United Planning Organization	
Washington Elderly Handicapped	
Transportation Service .....	1,432,490.00
United Planning Organization	
Washington Seniors Wellness Center	334,000.00
United Planning Organization	
Weekend Nutrition .....	50,000.00
University of the District of Columbia	175,200.00
Zion Baptist Church .....	135,000.00

## SERVICES FOR SENIORS

Adult Day Care • Advocacy • Comprehensive Assessment • Case Management • Congregate Meals • Counseling • Employment Health Promotion • Health Insurance Home Delivered Meals • Heavy Housecleaning Independent Counseling • Information and Assistance • Legal Services • Living Skills Literacy Training • Long-Term Care Facility Minor Home Repair • Nutrition Counseling Nutrition Education • Ombudsman Outreach • Services for the Blind and the Hearing Impaired • Socialization Special Events • Transportation • Wellness

## SERVICES PROVIDED BY THE OFFICE ON AGING SENIOR SERVICE NETWORK

The Office on Aging and its Senior Service Network provided one or more supportive services to nearly 64,000 District seniors during Fiscal Year 2002.

## Unduplicated Count of Unit-Based

## Services to Seniors .....20,308

This number represents the unduplicated count of services provided to seniors including adult day care, legal services, long term care advocacy, Alzheimer's, day care, home delivered and congregate meals, heavy housekeeping, adult day care, health promotion, nutrition counseling, case assessment and case management, transportation, activities, homemaker, and home health care services.

## Non Unit-Based Count of Services ..\*4,129

This number represents seniors who receive non-unit based services provided such as Call-n-Ride, Emergency Shelter, Respite Care, Adult Day Care, Long Term Care, BODYWISE, Minor Home Repair, Senior Works, Job Training and Placement, Weekend Alzheimer's, Washington Center for Aging Services, Health Insurance Counseling, UDC Respite and Companion Program, and Intergenerational Group Homes.

## Information, Assistance,

## Outreach Contacts .....21,179

These service contacts include information, assistance and referral services to seniors and all subscribers to the *Senior Beacon*.

## Special Events .....17,026

This number includes persons participating and attending the Annual Senior Citizens' Day Celebration, Senior Picnic, Holiday Program, Senior Legislative Day, Senior Citizen Town Meetings, Ms. Senior DC Pageant, ELDERFEST, Caregivers Conference, Centenarians Salute, Thanksgiving Day Luncheon, the Aging Braintrust and Older Americans Month Caregivers' Fair.

*\*Persons receiving services reported through the Client Information Service System may also receive other services, e.g. special events, information and assistance, and non-unit based services.*

## In FY 2002, the Office on Aging had many accomplishments. Chief among them were:

- Provided over 1.3 million nutritious mid-day meals to more than eight thousand elderly Washingtonians in group settings and homebound.

- Placed over 772 District seniors in subsidized employment and training through the Senior Works Program, the Older Workers Employment and Training Program, McMaster's Program and the Senior Service Network.

- Served 343 residents at the Washington Center for Aging Services (WCAS), the Office on Aging nursing facility.

- Initiated a multi-year refurbishing of the WCAS based on input from the residents, their families and staff.

- Continued renovation of two group homes and a community residence facility for elderly Washingtonians on the grounds of the Washington Center for Aging Services.

- Published 12 issues of the Spotlight on Aging in the Senior Beacon which has a metropolitan-wide readership of 200,000 per month.

- Partnerships/Outreach — a selected listing

- Collaboration/Project Organization

- Conducted two town meetings with the Asian and Hispanic communities with an average participation of 75 seniors at each.

- Translated Office on Aging documents for Town Meetings and other events into Mandarin, Cantonese and Spanish. Translators were also present at all citywide events.

## The Office on Aging Provided the Following Supportive Services to Seniors During the Year 2002

## Services which maintain health:

- 2,345 District seniors took 115,201 trips to medical and other life-supporting appointments and services.

- 2,617 District seniors received 31,689 hours of professional case management and assessment services.

- 6,746 District seniors participated in health promotion, self-care, and wellness activities.

- 1,212 District seniors were provided individual expert nutrition counseling.

- 2,264 District seniors received practical lessons in nutrition education.

- 4,218 homebound Washingtonians received 556,067 life-sustaining, home delivered meals.

- 368 seniors used Call 'N' Ride Taxicab Vouchers.

- 756 District caregivers were provided through the caregivers support program with respite and other services to ease their caregiving burdens.

- Held a Caregivers Fair in honor of Older Americans Month in the lobby of One Judiciary Square

- Kicked off the Caregiver Institute to provide services to caregivers of the elderly.

- Held four special events as part of the Office on Aging's advocacy mission:

- Annual Holiday Celebration — (2,500 participants)

- Senior Day in observance of Older Americans Month - 2,700 participants

- The Coming of Age ELDERFEST - (5,000+ participants)

- Annual Centenarians Recognition Luncheon (25 centenarians and 80 family and caregiver guests)



## D.C. OFFICE ON AGING NEWSLETTER

- Conducted a Senior Employment Fair - (1,200 participants)
- Opened the Congress Heights Senior Wellness Center in Ward 8
- Acquired property for the Ward 4 Senior Wellness Center
- Began architectural design of the Ward 6 Senior Wellness Center and the future home of the D.C. Office on Aging.

**Services which protect elder rights:**

- 3,957 seniors received 12,418 hours of legal services.
- 1,268 contacts were made in person, by telephone and through educational sessions to provide health insurance counseling.
- 3,238 hours of advocacy were performed on behalf of seniors in long-term care facilities.
- Co-sponsored with the D.C. Department of Human Services a one-day conference entitled, One City, Many Cultures: Multi-Cultural Perspectives on Aging and Adult Abuse.
- Co-sponsored with AARP/Legal Counsel for the Elderly two, one-day conferences on Home Repair Fraud for professionals and consumers.
- Co-sponsored with the Department of Housing and Community Development and the Department of Human Services a session on family violence, entitled, Keeping Seniors Safe: Preventing Neglect and Abuse, for the representatives of residents' councils in senior public housing buildings.
- Co-sponsored a senior support group regarding domestic violence as a pilot program at a senior center.
- Sponsored the Real Property Tax Sales Project, which was an outreach and intervention initiative to help seniors who were going to lose their homes for non-payment of taxes. Some of the seniors who find themselves in these situations are the victims of various types of economic fraud.

**Services which address functional limitations:**

- 335 seniors received 141,004 hours of geriatric adult day care services.
- 42 seniors received 644 hours of heavy housecleaning.
- 644 seniors received 109,950 hours of home-maker and AL-Care Services.

**Services to special populations**

- 199 seniors received 66,111 units of services from the Spanish Senior Center, EOFULA.
- 42 seniors received services through the Extended Services to the Blind and Visually-Impaired Program.
- 37 seniors received services through the Hearing-Impaired Program.
- 248 seniors received services through the Asian/Chinese Cultural Center.

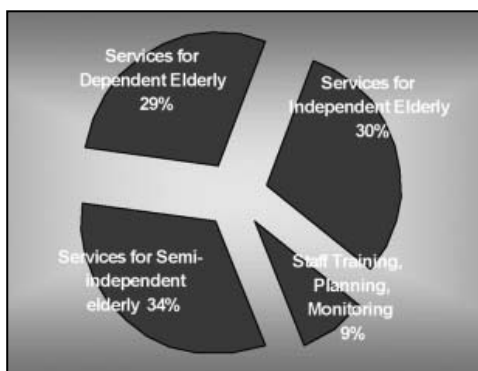
**Services which support related goals and outcomes:**

- Produced and edited the "Spotlight on Aging," a featured newsletter in the *Senior Beacon* newspaper for the elderly with a readership of over 200,000 and circulation to banks, stores, senior centers, hospitals and other venues.
- 5,541 seniors participated in socialization activities.

- 114 persons received services from the Oasis Senior Center for the homeless elderly.
- 1,700 seniors participated in the BODYWISE Water Aerobics Exercise Program.
- 8,725 District seniors underwent 228,245 hours of psycho-social counseling.

**How We Spent Our Government Dollars in FY 2002 - \$19,915,000.00**

Local Appropriated Dollars .....\$14,687,000.00  
 Federal Dollars .....\$4,962,000.00  
 Intra-District .....\$266,000.00

**D.C. Commission on Aging****Major Issues Addressed by the D.C. Commission on Aging during FY 2002:**

- Met with the District of Columbia Board of Elections and Ethics Office and provided feedback on D.C. Voting Procedures, as a follow up to testimony provided before the D.C. Committee on Government Operations hearings on the Board of Elections Voting Procedures regarding larger print on ballots, easy to read ballots, informational signs indicating what is needed to provide identification and proof of residency and immediate access to voting booths for seniors without having to wait in long lines.
- Provided statement to the District Council

Committee on Finance and Revenue regarding the Homestead and Senior Citizen Property Tax Amendment Act of 2001.

- Provided a statement for the record to the D.C. Council Committee on Consumer and Regulatory Affairs in support of Bill 140-717, Tenants Rights of Information; Bill 14-810, Rent Control Amendment Act of 2002; and Bill 14-813, Rental Housing Conversion and Sale Act of 1980 Amendment Act of 2002.

- Provided testimony before the District Council on the Predatory Lending Law.

- Sent letters to all District Councilmembers urging their support in protecting Older D.C. Homeowners.

- Provided feedback to the Office on Aging's Fiscal Year 2003-2004 Budget.

- Provided a statement for the record to the D.C. Office of Corporation Counsel and the D.C. Insurance Commission in support of the position statement of the D.C. Federation of Civic Association opposing the proposed privatization of Carefirst Blue Cross/Blue Shield's Merger with Wellpoint.

- Hosted an Intergenerational Poster Contest.
- Forwarded a letter to the D.C. Department of Health urging funding for the BODYWISE Program.

- Held monthly meetings with the Mini-Commissions on Aging.

- Co-sponsored and partnered several special events, i.e., Job Fair for Seniors, Annual Senior Citizens Day Celebration, Elderfest, Ms. Senior DC Pageant, Centenarians Salute, Senior Legislative Day, Senior Holiday Celebration.

*In memory of*  
**Colonel Talmadge Moore,**  
*Commissioner, Ward 5*

**D.C. Office on Aging****Goals 2002**

**Goal 1:** Increase the number of Senior Wellness Centers by beginning the design and acquisition phases of the Ward 4 and 6 centers.

Goal	FY 2000	FY 2001	FY 2002	FY 2003	FY 2004
<b>Target</b>	Break Ground for Ward 8 Wellness Center.	Complete Ward 8 construction.	Begin Ward 6 center design. Acquire Ward 4 site.	Start Ward 6 construction. Begin Ward 4 design. Acquire Ward 1 and 2 sites.	Begin design and construction of Ward 1 and 2 Centers.
<b>Actual</b>	Groundbreaking held October 2000	Construction completed 9/30/01	-	-	Ward 6 design Approved. Ward 4 & 6 sites acquired.

**Goal 2:** Expand employment, volunteer, and citizen participation opportunities for 575 older Washingtonians.

Goal	FY 2000 Total	FY 2001 Total	FY 2002 Total	FY 2003 Total	FY 2004 Total
<b>Target</b>	500	550	575	600	600
<b>Actual</b>	504	552	729	-	-
Goal Significantly Exceeded					

**Goal 3:** Deliver 1,200,000 nutritious mid-day meals to District seniors.

Goal	FY 2000 Total	FY 2001 Total	FY 2002 Total	FY 2003 Total	FY 2004 Total
<b>Target</b>	1,000,000	1,100,000	1,200,000	1,205,000	1,210,000
<b>Actual</b>	1,000,000	1,102,600	1,350,953	-	-

## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## February events

### 4th • 10 a.m.

Movie Day at City Place with Dwelling Place/So Others May Eat (S.O.M.E.). Spend a morning out of the cold and in the theatre. For details, call 202-582-7138.

### 5th • 10 a.m.

Take a trip to Midway with the Kenilworth Park-side Recreation Center. Spend the day having fun with others! For more information about this trip, call 202-724-8934.

### 5th • 11 a.m. to 2 p.m.

The Greater Washington Urban League is sponsoring a black history program to be held at the Green Valley Nutrition Center. For further information, please call Vivian Grayton at 202-529-8701.

### 6th • 1 to 4 p.m.

Monthly Q & A with Michael Knipemeyer of the George Washington University of Law School, part of the Health Insurance Counseling Project. Walk-in or make an appointment: 202-895-9448. No fee, but donations are accepted.

### 6th • 2:30 to 4 p.m.

Join IONA Senior Services for tea and piano music in the first-floor lounge. No fee, but are donations accepted. No registration required. The event will be held at 4125 Albemarle Street, N.W.

### 6th • 6 to 7:30 p.m.

A free caregiver seminar, "How to Get Help with Elder Caregiving," will be led by Daniel Wilson. Get help defining problems and finding solutions. This seminar will be held at 4125 Albemarle Street, N.W. Call to register or for directions, 202-895-9442.

### 7th • 3 to 5 p.m.

Gain insight to the causes of combative, difficult or disagreeable behavior often present in older adults at an interactive lecture with Carlene Costello, Licensed Geriatric Social Worker. Learn how to effectively cope with difficult behaviors — minus the guilt. This seminar will be held at IONA Senior Services located at 4125 Albemarle Street, N.W. Call 202-895-9442 to register or for directions.

### 8th • 2 p.m.

The "Capital Spirits" presents an intergenerational program featuring Eastern High School to benefit senior constituents and a youth scholarship at the

UDC Auditorium, Bldg. 46. Free parking and light refreshments served. Tickets are \$15 per person. Call Vivian Grayton from the Greater Washington Urban League for information at 202-529-8701.

### 11th • noon to 1 p.m.

Learn about caregiving services and what is available to help you. Find out how you can get services started. The seminar is at the D.C. Office on Aging, 441 4th Street, N.W. Suite 940. To register, call 202-464-1513.

### 12th • 1 p.m.

C.R. Gibbs, noted writer, historian and lecturer, will provide an informative workshop exploring the Harlem Renaissance. He will show how this era in history impacted the written, visual and musical arts. This free lecture will be held at the Senior Citizens Counseling and Delivery Service center, 2451 Good Hope Rd., S.E. For details, call 202-678-2800.

### 13th • 1 p.m.

Greater Washington Urban League is hosting a Valentine's Day party. This will be held at the Teamster Union Hall, 3100 Ames Place, N.E. Call Vivian Grayton for reservations at 202-529-8701 or further information.

### 14th • 1 p.m.

Attend or take part in the Senior Citizens Counseling and Delivery Service Valentine's Day Fashion and Talent Show. This annual event showcases the beauty and talent of seniors in the metropolitan area. If you would like to volunteer as a model or an entertainer, call the center to register and for dates of rehearsals. To register, please call 202-678-2800.

### 14th • 10 a.m. to 2 p.m.

Attend a Valentine's Day celebration at Dwelling Place. Meet new people, have lots of fun, make a love connection. For details, call 202-582-7138.

### 14th • 11 a.m. to 2 p.m.

Randall U.M. Church Nutrition Center is hosting a Valentine's Day fellowship. For information, call 202-388-4280.

### 20th • 10 a.m. to 6 p.m.

Aging Services go to MIDWAY. Cost is \$10 per person. The bus will be departing from the Greater Washington Urban League center, 2900 Newton St., N.E. Please call Vivian Grayton for reservations at 202-529-8701.

### 20th • 6 to 7:30 p.m.

An interactive lecture, "Juggling Work and Care-

giving" with Carlene Costello, Licensed Geriatric Social Worker, and Rebecca Keller will be held at IONA Senior Services, located at 4125 Albemarle Street, N.W. Participants will gain a working knowledge of the resources available that caregivers use to balance professional and personal responsibilities. Call 202-895-9442 to register or for directions.

### 27th

Project KEEN will celebrate Black History Month with on-site activities titled, "Black History Month Day: A Historical Review." Each site will present its own program. For information regarding the various locations, call 202-388-4280.

## Upcoming events

### March 5, 2003

Mardi Gras Afternoon, D.C. Parks and Recreation Fort Stevens Senior Center, 1327 Van Buren Street, N.W. 1:30 pm. 202-282-0752

### April 10, 2003

An Afternoon of Musical Melody With Soloist Yvette Lewis, D.C. Parks and Recreation Fort Stevens Senior Center, 1327 Van Buren Street, N.W. 1:30 pm. 202-282-0752

### April 17, 2003

Pre-Easter Breakfast, D.C. Parks and Recreation Fort Stevens Senior Center, 1327 Van Buren Street, N.W. 10:00 am. 202-282-0752

### April 26, 2003

Senior Spring Dance, 7 p.m. Location TBA, 202-282-0752

### May 1, 2003

Older Americans Month Kickoff, Office on Aging/Commission on Aging. Location TBA 202-727-9370

### May 8, 2003

Senior Service Network Information Fair, D.C. Office on Aging/Senior Service Network. 441 Fourth Street, N.W. 10 a.m. - 3 p.m. 202-727-5626

### May 13-16, 2003

Senior Olympics, Parks and Recreation Various sites. 202-282-0753

### May 29, 2003

Senior Day Celebration, Senior Citizens Clearinghouse. 11 a.m. - 2 p.m. Location TBA, 202-727-8370

## SPOTLIGHT ON AGING

*Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.*

*Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.*

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## COMPUTER CLASSES

IONA Senior Services offers introductory and intermediate computer classes for older adults. Get a discount by registering by February 15 and also get a 20 percent discount saying you saw this listing in the *Senior Beacon*. Call 202-895-9403 to register.

Below are the class titles, class dates, times and fees.

### Mouse/Keyboarding

Class: April 8 and 10, 10 to 11:45 a.m.  
Fee: \$35. Register by February 15th: \$28

### Introduction to computers

Class: Tuesdays, February 18th - March 18th, 1 to 2:45 p.m.  
Tuesdays and Thursdays, March 4th - 18th, 10 to 11:45 a.m.  
Tuesdays and Thursdays, April 8th - 23rd, 1 to 2:45 p.m.  
Fee: \$75

### Internet Applications

Class: Thursdays, February 6th - March 6th, 1 to 2:45 p.m.  
Thursdays, March 20th - April 3rd, 10 to 11:45 a.m.  
Fee: \$75. Register by February 15th: \$60

### Word Processing with Microsoft Word

Class: Tuesdays and Thursdays, February 13th - 27th, 10 to 11:45 a.m.  
Tuesdays and Thursdays, March 20th - April 3rd, 1 to 2:45 p.m.  
Fee: \$75. Register by February 15th: \$60

### MS Access

Class: Wednesdays, February 5th - March 5th, 10 to 11:45 a.m.  
Fee: \$75. Register by February 15th: \$60

### Word Processing (Intermediate)

Class: Wednesday, March 12th - April 9th, 10 to 11:45 a.m.  
Fee: \$75. Register by February 15th: \$60

### Web Page Creation

Dates and times to be determined, leave a message at (202) 895-0248 to express interest.

### Navigating America Online

Class: Wednesday, October 9th - 23rd, 1 to 2:45 p.m.  
Fee: \$75. Register by February 15th: \$60